

ABOUT AMANDA WELLS

AMANDA IS A NATIVE CHARLESTONIAN AND HAS BEEN A PERSONAL TRAINER HERE FOR THE PAST FOUR YEARS. SHE DID NOT DISCOVER HER LOVE FOR FITNESS UNTIL COLLEGE, WHICH GRANTS HER A UNIQUE PERSPECTIVE TO THE FITNESS INDUSTRY. GROWING UP WITH ASTHMA AND NO HEALTH INSURANCE, AMANDA PICTURED A LIFE WHERE SHE WOULD NEVER ENJOY, LET ALONE DEVELOP A PASSION FOR, WORKING OUT. SHE UNDERSTANDS WHAT IT IS LIKE TO FACE DIFFICULTIES IN THE EVER-GROWING HEALTH AND FITNESS WORLD, BUT SHE UNDERSTANDS HOW TO OVERCOME FEAR AND ADVERSITY TO REACH DESIRED GOALS. SHE IS A CERTIFIED IFTA INSTRUCTOR, OWNS HER OWN PERSONAL TRAINING BUSINESS NAMED CHARLESTON GET FIT AND IS CURRENTLY PURSUING HER MASTERS IN HEALTH, EXERCISE, AND SPORTS SCIENCE AT THE CITADEL.



AGES: 18+

WHEN: SATURDAY MORNINGS AT 9:00AM

WHERE: OUTDOORS AT BLRC*

COST: \$10/CLASS (VISA, MC, CHECK, MONEY ORDER)

***ON HOT/BAD WEATHER DAYS, WE WILL MOVE THE CLASS INSIDE. FOR MORE INFORMATION ON THIS PROGRAM, PLEASE CONTACT MORGAN CONLEY :
CONLEYM@CHARLESTON-SC.GOV**

**BEES LANDING RECREATION CENTER
1580 ASHLEY GARDENS BLVD.
CHARLESTON, SC 29414
(843) 402-4571**



JOIN INSTRUCTOR AND PERSONAL TRAINER AMANDA WELLS ON AN OUTDOOR ONE-HOUR HIGH INTENSITY INTERVAL TRAINING (HIIT) WORKOUT DESIGNED TO BUILD STRENGTH AND FITNESS THROUGH A VARIETY OF CALLISTHENIC AND BODY WEIGHT EXERCISES MIXED WITH INTERVAL AND STRENGTH TRAINING.